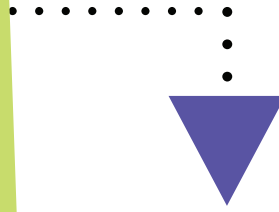


# *Health and Physical Education Department Mission Statement*



**Believing that students must be afforded the opportunity to acquire personal health knowledge, to grow in motor skills, attitudes, and personal fitness that will enable them to achieve a lifestyle in which regular, vigorous physical activity becomes an integral part of that lifestyle, the mission of the Health and Physical Education Department is to emphasize individual growth in basic movement skills, perceptual motor experiences, rhythmic activities, personal fitness and conditioning, and the basic skills of various individual, dual, and team sports as well as outdoor recreational and challenge activities.**